

## Percussion, Performance, and Peace 道艺合一：优人神鼓

Taipei, like so many modern capitals, never sleeps. **Twenty-four-seven**, people move, cars drive, lights shine, and businesses make money. But, on a **mountaintop** in [Muzha](#), there's an **oasis** of calm and **serenity**. The **bleep** of the automatic doors is replaced by temple bells, and the **thunder** of traffic on the freeway is replaced by the rhythms of the drums.

台北如同众多现代化城市一样是座不夜城。每天 24 小时，无时无刻人们四处穿梭、汲汲营营；车马喧嚣、灯火通明。但在木栅一座山上，有处幽静的世外桃源。这里，自动门的哔声为寺庙钟声所取代，如雷贯耳的引擎声换成了脱俗悦耳的击鼓节奏。

On [Laochuan Mountain](#), the members of [U Theatre](#) practice [martial arts](#), [Tai Chi](#), **meditation**, and **percussion** every day. Since [Liu Ruo-yu](#) founded this extraordinary performance group in 1988, U-people have combined [Tao](#) with the **pursuit** of art. Through **introspection** and meditation, troupe members find a peace that they express through their performances. Once they have mastered meditation, U Theatre members are taught drumming by drum master [Huang Chih-chun](#). Each performer's personal **philosophy** and inner peace is **central** to their **mastery** of the drums and the **unity** of the group.

优人神鼓的团员每天都会在老泉山上练习武术、太极、冥想和击鼓。自 1988 年刘若瑜创立这独特的剧团开始，优人们的目标便是道艺合一。透过静坐与内省，团员们寻求宁静，并将这份宁静呈现在表演中。只有在真正学会静坐之后，他们才会开始向击鼓指导黄志群学习击鼓。每位团员的个人哲学与内心的平静对于击鼓的精通和团队的团结都非常重要。

U Theatre's [Sound of the Ocean](#), which received **critical acclaim**, uses drum music to describe the journey of a **droplet** of water as it joins a stream, meets a river, and reaches the ocean. The players use movement and percussion to recreate the **ebb and flow** of water with **vigor** and intensity. In February 2010, U Theatre staged *1433: The Grand Voyage*. This three-hour-long production tells the tale of the last voyage of the legendary Chinese **admiral** [Zheng He](#).

优人神鼓的《听海之心》获得许多正面的评论与赞扬。其表演以鼓声描述小水滴的一趟旅程，一滴水集结成小溪，汇入河流，最后流入大海。表演者以充满活力和张力的肢体动作和击鼓声重现大海的潮起潮落。去年 2 月则有《郑和 1433》。这部长达三小时的作品是在描述中国传奇海军将领郑和的最后一次航行。

U Theatre finds peace in **chaos**, and through the roar of the drums, it captures a quiet philosophy that is so often missing in our **hectic** lives.

优人神鼓在混乱中寻求宁静。透过鼓声，优人神鼓更点出了我们忙碌生活所缺乏的平静哲理。

— by Alice Davis

## Vocabulary

**mountaintop** [ˈmaʊntən,tɒp] n. 山顶

**oasis** [oʊˈeɪsɪs] n. 【喻】(困境中的)令人宽慰的事物或处所

**serenity** [səˈrenəti] n. 平静

**bleep** [bli:p] n. 尖锐声音

**thunder** [ˈθʌndə] n. 似雷的响声, 轰隆声

**meditation** [ˌmedəˈteʃən] n. 沉思, 默想

**percussion** [pəˈkʌʃən] n. 敲打乐器

**pursuit** [pəˈsu:t] n. 追求, 寻求

**introspection** [ˌɪntrəˈspekʃən] n. 内省, 反思, 自己反省

**philosophy** [fəˈləsəfi] n. 哲学; 人生观

**central** [ˈsentrəl] adj. 重要的

**mastery** [ˈmæstəri] n. 熟练; 精通; 掌握

**unity** [ˈjuːnəti] n. 团结

**critical** [ˈkrɪtɪkəl] adj. 评论性的

**acclaim** [əˈkleɪm] n. 喝采; 称赞

**droplet** [ˈdrɒplɪt] n. 小滴

**vigor** [ˈvɪɡə] n. 体力; 精力; 活力

**admiral** [ˈædmərəl] n. 舰队司令

**chaos** [ˈkeɪs] n. 混乱; 杂乱的一团

**hectic** [ˈhektɪk] adj. 忙乱的; 闹哄哄的

## Idiom

**twenty-four-seven**: 无时无刻 *Informal* twenty-four hours a day, seven days a week; constantly; all the time

**ebb and flow**: 潮起潮落, 起伏, 涨落, 盛衰 to decrease and then increase, as with tides; a decrease followed by an increase, as with tides